

SCES

Wellness Policy

All students shall engage in moderate to vigorous physical activity each day, as follows:

Each student shall engage in 30 minutes of planned moderate to vigorous activity each day not to exceed 150 minutes per week. With input from the teachers and the rest of the staff, the principal shall work out how this activity will be handled. The arrangements must fit within the limits of our building and staffing.

Each student shall participate in physical education class once a week.

Students will participate in gross loco-motor activities related to the physical education core content each day. The school shall provide space and equipment to make the activity possible and appealing to students.

Teachers shall make all reasonable efforts to avoid periods of more than forty minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students shall be given periodic breaks during which they are encouraged to stand and be moderately active.

Students shall not be deprived of physical activity as a consequence for behavior or academic performance.

Our school shall assess students' level of physical activity at least once a year. The council shall select an assessment tool by the start of each school year, and the principal shall develop a schedule for completing that assessment.

Our school shall encourage healthy choices among students using the following methods:

Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available during the school day.

Our Practical Living curriculum shall address the full Core Content, including health, consumerism, and physical education.

The rest of our curriculum shall reflect and integrated concern for wellness, including connections to Science, Social Studies, and other subjects.

The provisions of this policy shall be implemented to comply with provisions required by the federal law, state law, or local board policy. If any specific requirement does not fit

Intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior.

-- Curricular Physical Activity and Academic Performance, *Pediatric Exercise Science*

TES

13. Taylorsville Elementary Wellness Policy

All students shall engage in moderate to vigorous physical activity each day, as follows:

Each student shall engage in 30 minutes of planned moderate to vigorous activity each day not to exceed 150 minutes per week. With input from the teachers and the rest of the staff, the principal shall work out how this activity will be handled. The arrangements must fit within the limits of our building and staffing.

Each student shall participate in physical education class once a week.

Students will participate in gross loco-motor activities related to the physical education core content for at least twenty minutes per day on the days that they do not attend the physical education class, preferably outdoors. The school shall provide space and equipment to make the activity possible and appealing to students.

Teachers shall make all reasonable efforts to avoid periods of more than forty minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students shall be given periodic breaks during which they are encouraged to stand and be moderately active.

Students shall not be deprived of physical activity as a consequence for behavior or academic performance except in situations where the re-teaching of a specific behavior needs to occur and then only as long as needed for the desired result.

Our school shall assess students' level of physical activity at least once a year. The council shall select an assessment tool by the start of each school year, and the principal shall develop a schedule for completing that assessment.

Our school shall encourage healthy choices among students using the following methods:

Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available during the school day. Parents shall be encouraged to send healthy snacks for their children. The principal will encourage teachers and staff to use non food items as daily incentives or rewards for the students.

Our Practical Living curriculum shall address the full Core Content, including health, consumerism, and physical education.



Spencer County Public Schools do not discriminate on the basis of race, color, national origin, sex, age, or disability in the employment of the provision of services. Any and/or all issues related to discrimination policies, procedures, or practices are to be directed to the Office of the Superintendent, Spencer County Public Schools, 207 W. Main Street, Taylorsville, KY 40071, (502) 477-3250

Spencer County Public Schools

Nutrition & Physical Activity Report Card

2009-10



School Nutrition Mission Statement

The Spencer County Public School Nutrition Services in cooperation with Spencer County Public Schools will ensure nutritional meals are available in a safe and inviting environment to every child. We will act as role models and achieve healthier eating habits while engaging students to higher levels of learning.

National School Lunch

The National School Lunch Program (NSLP) was conceived in 1946 as a “measure of national security to safeguard the health and well-being of the Nation’s children.” School districts receive federal reimbursement for each school lunch served that meets the United States Department of Agriculture nutrition guidelines. These guidelines promote meal quality while commodity donations help the farmer and help schools keep down meal prices.

Our lunch meals are planned on a four-week menu cycle. Federal regulations require that we offer minimum portion sizes of meat, fruit and/or vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and, as a rule, we increase the sizes as the children grow older. We make a concerted effort to offer whole grains at least twice a week and we offer fresh fruits and vegetables every day. The menu cycle provides for variety and allows us to make the most efficient use of the donated commodities, especially seasonal fresh fruits. We offer 1% milk, as well as 100% fruit juice.

The following table is a synopsis of the 2008-09 nutritional program, including participation and financial data.

Cost of Food: \$558,723

Federal Reimbursement: \$538,941

Breakfast

# Schools Participating	4*
Total Breakfasts Served	115,129
Average Daily Participation	669



School Breakfast

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture’s nutrition guidelines.

Studies show that children who participate in the School Breakfast Program have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

	Elementary	MS/HS	Adult
Breakfast	\$1.00	\$1.00	\$2.00
Reduced Breakfast	\$.30	\$.30	N/A
Lunch	\$2.10	\$2.25	\$3.25
Reduced Lunch	\$.40	\$.40	N/A

Lunch

# Schools Participating	4*
Total Lunches Served	304,611
Average Daily Participation	1,771
# of Students Approved for Free Meals	974
# Students Approved for Reduced Meals	181
# Students Approved for Paid Meals	1,685



“Protecting children’s health and cognitive development may be the best way to build a strong America.”

-- Dr. J. Larry Brown, Tufts University School of Nutrition



A list of all food and beverage items available to students during the day along with the nutritional analysis can be viewed online at:

<http://publicschools.spencercounty.ky.gov/districtoffices/food.htm>

Food and beverage items that are sold as extras on the cafeteria lines all meet the minimum nutritional standards required by the Kentucky Board of Education. Students do not have access to vending machines. These standards are designed to limit access to items with little or no nutrient density.

A USDA study showed students who eat school meals are more likely to consume milk, meats, grain mixtures and vegetables compared to students who did not, including students who brought meals from home. Also, students who eat school meals have higher intakes of some vitamins and minerals, including calcium and Vitamin A -- nutrients that tend to be “problem nutrients” for kids.

Cost-wise, schools work very hard to make sure that school meals are a good value. Take a look at the number of items typically offered to students at lunch -- an entrée, two servings of fruits and vegetables, a bread or grain item and 8 ounces of milk. It takes a real balancing act to beat that value with a bag lunch.

--National Dairy Council